

## **What should I do when my child cannot find things to do?**

Set out games and toys each morning for your child to use that day. The games should vary each day so they do not get bored with the same game. Maintain a collection of games and activities for your child to use when they cannot find anything to do. Bring things like books, CDs, and games whenever you are in the car. Make a list of things for your child to do when they cannot think of things to do.

Give your child responsibilities such as taking care of pets, setting the table, and cleaning their room. Establish a routine for your child that provides activities throughout the day. Arrange for your child's friends to come over for a picnic, crafts, or to rent a movie. Go through old toy boxes and storage to find forgotten toys and games to use and enjoy.

Involve your child in library programs or find a group your child can join like a craft club or scouting. Find a hobby your child to enjoy. This will give your child plenty to do and friends with whom to interact.

Plan evenings and weekends in advance in order to avoid your child complaining that they "have nothing to do!" Enroll your child in a community day camp in order to provide a schedule of activities. Get a list of summer parks and recreation programs available in the area. Check the community calendar for special events.